

## CLAIMS

1. A method for treating an individual with IB-MECA to achieve a therapeutic effect, the method comprises administering to the individual a dose of IB-MECA in an amount and for a time such so as to achieve a maximal blood level of less than about 160 nM.
2. A method according to Claim 1, wherein IB-MECA is administered orally.
3. A method according to Claim 2, wherein IB-MECA is administered to an adult individual in a single daily dose of less than about 5 mg.
4. A method according to Claim 1, wherein IB-MECA is administered at a dose of about 0.1 to about 5 mg.
5. A method according to Claim 2, wherein IB-MECA is administered to an adult individual in two daily doses of less than about 4 mg each dose.
6. A method according to Claim 5, wherein IB-MECA is administered at a dose of about 0.1 to about 4 mg each dose.